

**Title: Leditz**

Loop excision and diathermy of the transformation zone

**What is the treatment that I am to have?**

Leditz is used for diagnosing and treating abnormalities on the cervix (neck of the womb). It involves removing the affected areas with a heated loop of wire. The areas removed are then sent for examination by our pathologists.

**Why do I need it?**

You will have probably had an abnormal smear test or biopsy that has detected abnormal cells that need removing to prevent cervical cancer from developing in the future.

**What benefits are there to having it?**

It is a quick, effective treatment for pre-cancerous changes of the cervix. It is most commonly performed in a clinic setting requiring no hospital admission.

**Are there any alternatives?**

Semm procedure is a heat treatment also used to destroy abnormal cells on the cervix but is usually used for lower grades of abnormality.

**What risks are there?**

There is a slight risk of heavy bleeding and infection after the treatment. Leditz treatment also has a very slight risk of pre-term deliveries for future pregnancies. Menstrual periods after Leditz can, in some patients, be heavier and/or more painful.

**What side effects might there be?**

There are no real side effects though some ladies may develop a period type pain during and after the procedure. This should respond to simple pain killers, like paracetamol.

**Do I need any preparation before I come for the procedure / operation / treatment?**

Please leave all jewellery at home including body piercings as these will need removing prior to treatment. Please have something to eat before you attend for your appointment. You are welcome to arrange for a friend or relative to accompany you to the appointment for support. You may wish to wear a skirt if you do not wish to remove all your lower clothing. You can expect some bleeding and discharge following treatment so you may wish to bring your own sanitary towel with you and suitable underwear. If you are on a period on the day of your appointment please ring you may need to change your appointment date.

**What sort of anaesthetic will I have?**

You will be given a local anaesthetic (sometimes known as freezing) into your cervix to ensure the procedure is as pain free as possible. You may however experience a slight stinging sensation or period-like discomfort, a slight increase in your heart rate and your legs may feel a little shaky during and just after the anaesthetic is given. These symptoms are common and will quickly wear off.

**What will happen when I arrive for the procedure/operation/treatment and who will I meet?**

You will be greeted at the reception desk where a member of staff will confirm your details. You will be asked to be seated in our waiting room where you will be called through for your appointment by a member of staff working in the colposcopy clinic. The person performing the examination will introduce themselves, explain the procedure to you to ensure you are fully aware what to expect. They will check details of your last period. You are welcome to ask any questions you have regarding the procedure. You will then be asked to undress from the waist down and then assisted on a special couch with supports on which to rest your legs

**Will I need to sign a consent form or give verbal consent?**

You will be asked for verbal consent for the procedure

**What does the procedure involve? How long does it last? What does it feel like?**

When you are lying comfortably on the couch the doctor will gently insert a speculum (a small instrument used to view the cervix). The nurse will apply a sticky pad to your leg. This is just because of the electrical equipment that will be used. It may tingle slightly during the procedure. A solution may be used to highlight the abnormal areas on the cervix that need treatment. After the cervix is 'frozen' the doctor will remove the abnormal cells with a small wire loop. The area then has a 'diathermy' or heat treatment to stop any bleeding and destroy any further cells present. When the treatment is complete the doctor will remove the speculum and the nurse will assist you down from the couch. The treatment takes only a few minutes and is sometimes done at the same time as your colposcopy. You may wish to rest for a few minutes before you leave for home.

**What happens after the procedure?**

After the treatment you can expect to have some bleeding/brown discharge that can last between four to six weeks. It is not unusual for it to change from discharge to light bleeding and may increase slightly after seven to ten days. You are advised to wear sanitary pads whilst you have this bleeding and during your next period. Do not use tampons and avoid sexual intercourse for four weeks to allow the area to heal and reduce the risk of infection.

**How long will I need to stay in hospital?**

You will be allowed home from the clinic once the procedure is completed.

**When I go home will I need someone with me or have any special equipment?**

No you do not require anyone to stay with you or any special equipment.

**Will I need any particular care at home? Do I need any follow up care and/or to see my GP?**

No you do not require any particular care at home. You will be informed by the doctor the result of the tissue removed within approximately four weeks of the procedure. You will require a smear test with a HPV test of cure six months after the treatment. This will be performed in Women's Health Care. If your smear is Negative and you are no longer carrying the virus you will be discharged from the clinic and returned to normal recall smears

**What can go wrong once I'm home? Are there any signs I should look for and what should I do?**

If you experience any heavy bleeding that concerns you or an offensive smelling discharge then contact the clinic on the numbers provided below.

**When can I start my normal activities again?**

(e.g. driving, sport, work, sex etc)?

Following Ledtz treatment we would advise against swimming for approximately two weeks and sexual intercourse and use of tampons for four to six weeks. All other activities can be resumed.

**Who can I contact if I have more questions?**

If, following your treatment you become concerned about anything please contact the Women's Health Care on 01204 390390 ext. 4861

Open Monday to Friday 0830-5pm

Alternatively M1 Ward 01204 390718 - Anytime

**Where can I find more information such as support groups and websites?**

Further information can be obtained online at :-

NHS Cervical Screening Programme website

British Society for Colposcopy and Cervical Pathology website

**We recognise that not everyone will find this document easy to read. We can arrange for large print, audio tape versions and for summaries or explanations in other languages. Please call 01204 390391 if we can help.**

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